

## Claims

[c1] A self return lid assembly for selectively sealing a container comprising:

a cap having a self-gripping handle, a top face, a sip port and a vent port integrally formed in the top face; a release lever detachably pivotally coupled to said cap about a pivot point and moveable between a sealed configuration and an unsealed configuration, said release lever having a thumb pad on a first side of the pivot point and a sip plug and a vent plug on a second side of the pivot point; the sip plug sealing the sip port in said sealed configuration, the vent plug sealing the vent port in said sealed configuration; and

a biasing mechanism operatively coupled to said cap and said release lever, said spring urging said release lever to said sealed configuration, whereby said unsealed configuration is achieved by applying force between the thumb pad and the self-gripping handle.

[c2] The self return teeter tauter lid assembly as recited in claim 1 further comprising a container having a container opening coupled to said cap, wherein said cap selectively coupled to said container so as to cover said

container opening.

- [c3] The self return teeter tauter lid assembly as recited in claim 1 having a rim encompassing the outer perimeter of the top face and the self-gripping handle extending peripherally therefrom, wherein the rim has an upper portion and a lower portion, the upper portion forming a basin in said sealed configuration with the top face, and the lower portion configured for coupling to a container.
- [c4] The self return teeter tauter lid assembly as recited in claim 3 wherein the lower portion configured having a detachable snap-fit engagement for coupling to a container.
- [c5] The self return teeter tauter lid assembly as recited in claim 1 wherein the sip port permits a fluid to pass therethrough in said unsealed configuration, the vent port permits a gas to pass therethrough in said unsealed configuration.
- [c6] The self return teeter tauter lid assembly as recited in claim 1 wherein said release lever having protruding pins at the pivot point is slideably receivable in the pin holes of the grooves integrally formed in the self-gripping handle.
- [c7] The self return teeter tauter lid assembly as recited in

claim 1 wherein the second side of said release lever forms a fork having two arms, wherein the vent plug and the sip plug are coupled to the distal end of each arm.

- [c8] The self return teeter tauter lid assembly as recited in claim 1 wherein said release lever comprises a shaft aligning the pivot point and retaining the spring in an assembled position.
- [c9] A self return teeter tauter lid assembly for selectively sealing a container comprising:
  - a cap having a self-gripping handle, a top face, a sip port and a vent port integrally formed in the top face; and
  - a release lever detachably pivotally coupled to said cap about a pivot point and moveable between a sealed configuration and an unsealed configuration, said release lever having a spring, a thumb pad on a first side of the pivot point and a sip plug and a vent plug on a second side of the pivot point; the sip plug sealing the sip port in said sealed configuration, the vent plug sealing the vent port in said sealed configuration; the spring resiliently engaged to said cap, wherein the spring urging said release lever to said sealed configuration, whereby said unsealed configuration is achieved by applying force between the thumb pad and the self-gripping handle.

- [c10] The self return teeter tauter lid assembly as recited in claim 9 further comprising a container having a container opening coupled to said cap, wherein said cap selectively coupled to said container so as to cover said container opening.
- [c11] The self return teeter tauter lid assembly as recited in claim 9 having a rim encompassing the outer perimeter of the top face and the self-gripping handle extending peripherally therefrom, wherein the rim has an upper portion and a lower portion, the upper portion forming a basin in said sealed configuration with the top face, and the lower portion configured for coupling to a container.
- [c12] The self return teeter tauter lid assembly as recited in claim 11 wherein the lower portion configured having a detachable snap-fit engagement for coupling to a container.
- [c13] The self return teeter tauter lid assembly as recited in claim 9 wherein the sip port permits a fluid to pass therethrough in said unsealed configuration, the vent port permits a gas to pass therethrough in said unsealed configuration.
- [c14] The self return teeter tauter lid assembly as recited in claim 9 wherein said release lever having protruding pins

at the pivot point is slideably receivable in the pin holes of the grooves integrally formed in the self-gripping handle.

- [c15] The self return teeter tauter lid assembly as recited in claim 9 wherein the second side of said release lever forms a fork having two arms, wherein the vent plug and the sip plug are coupled to the distal end of each arm.
- [c16] A self return teeter tauter lid assembly for selectively sealing a container comprising:
  - a cap having a spring, a self-gripping handle, a top face, a sip port and a vent port integrally formed in the top face;
  - a release lever detachably pivotally coupled to said cap about a pivot point and moveable between a sealed configuration and an unsealed configuration, said release lever having a thumb pad on a first side of the pivot point and a sip plug and a vent plug on a second side of the pivot point; the sip plug sealing the sip port in said sealed configuration, the vent plug sealing the vent port in said sealed configuration; the spring resiliently engaged to said release lever, wherein the spring urging said release lever to said sealed configuration, whereby said unsealed configuration is achieved by applying force between the thumb pad and the self-gripping handle.

- [c17] The self return teeter tauter lid assembly as recited in claim 16 further comprising a container having a container opening coupled to said cap, wherein said cap selectively coupled to said container so as to cover said container opening.
- [c18] The self return teeter tauter lid assembly as recited in claim 16 having a rim encompassing the outer perimeter of the top face and the self-gripping handle extending peripherally therefrom, wherein the rim has an upper portion and a lower portion, the upper portion forming a basin in said sealed configuration with the top face, and the lower portion configured for coupling to a container.
- [c19] The self return teeter tauter lid assembly as recited in claim 18 wherein the lower portion configured having a detachable snap-fit engagement for coupling to a container.
- [c20] The self return teeter tauter lid assembly as recited in claim 16 wherein the sip port permits a fluid to pass there through in said unsealed configuration, the vent port permits a gas to pass there through in said unsealed configuration.
- [c21] The self return teeter tauter lid assembly as recited in claim 16 wherein said release lever having protruding

pins at the pivot point is slideably receivable in the pin holes of the grooves integrally formed in the self-gripping handle.

- [c22] The self return teeter tauter lid assembly as recited in claim 16 wherein the second side of said release lever forms a fork having two arms, wherein the vent plug and the sip plug are coupled to the distal end of each arm.